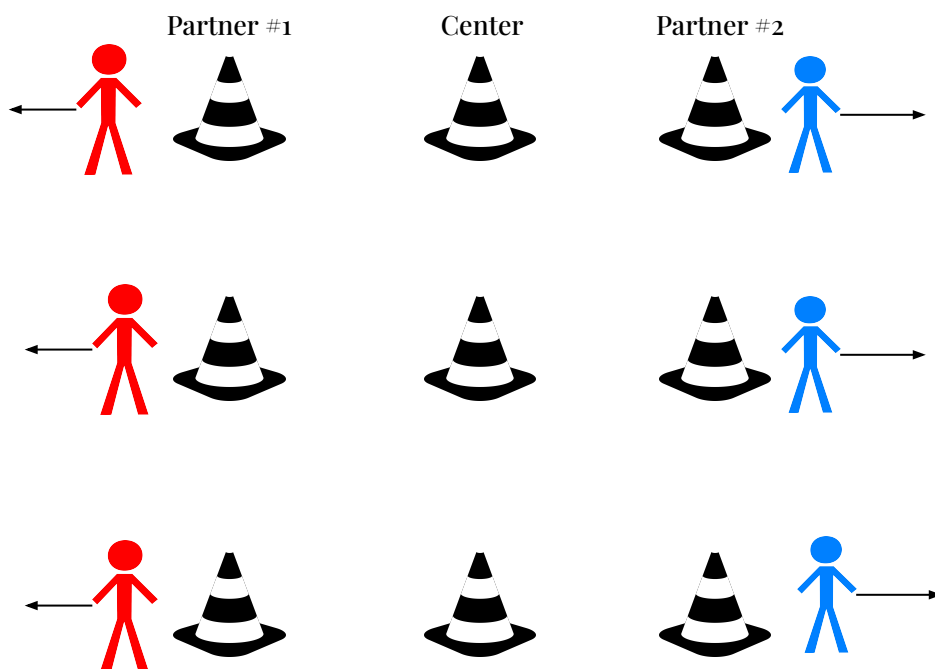


Equipment

- Enough Homeball-sized balls for $\frac{1}{2}$ the class
- Have larger balls available to ensure student success.

Set-up

- Cone 3 lines off. One for partner #1 to start on, Two for the Center, and Three for partner #3 to start on
- The 1st set of cones should be 5ft from the center set and 10ft from the 3rd set (partners will start 10ft apart)



Activity Procedures

1. Have the students partner up and get one ball per group
2. Partner #1 will stand even with the 1st set of cones and Partner #2 will stand even with the 3rd set of cones
3. Students will take 2 steps back after every 10 completed catches/traps
 - a. You can do 10 in a row or 10 total
 - b. You can make students start over back at the cone or let them stay to get 10 completed catches/traps
4. Allow students 2-3 minutes practicing each phase of progression

****allow students to use a larger ball if they aren't seeing success with the Homeball-sized ball****

Progression

1. Trap to chest
2. 2-handed catch from underhand throw
3. 2-handed catch from overhand throw
4. 1-handed trap to chest with dominant/favorite hand
5. 1-handed trap to chest with non-dominant/least favorite hand
6. 1-handed catch with dominant/favorite hand
7. 1-handed catch with non-dominant/least favorite hand

****you can also progress the students from standing to moving forward, backward, left and right****

Teaching Cues

- See the ball out of the hand
- Reach arms towards the ball
- Soft hands on impact

Reflection Questions

1. What things can you control to give yourself the best chance to catch or trap each pass throw your way?
2. Why do you think where your feet are is important to making completed catches/traps?